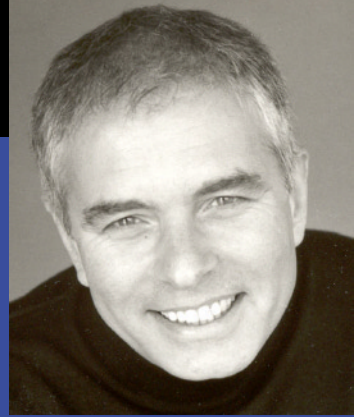


robert silverstone



grow

your relationship with

money

A 28-day Transformative Program

[the **grow** principle™ series]

[the grow principle™ series]

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[introduction]

The GROW Principle™

There is always something about ourselves we can change if we are willing. We can all grow into more than we are today.

- What do you want to change?
- In what ways do you want to grow, personally or professionally?

Do you want to change something about your marriage, your career, your outlook, your health, your relationship with money? Or are you being forced into a change—are you being forced by circumstance to grow because of job loss, bankruptcy, illness, divorce, or other significant life-impacting event?

Change is Inevitable

Change is inevitable and unstoppable, yet we often resist it. Change represents the unknown: we worry about change; we're uncertain; we may suffer mentally, emotionally, spiritually. If we resist change, like rising waters against a dam, sooner or later change forces itself upon us, suddenly, like a flood, and we must grow . . . or face the consequences.

What if there was a way to facilitate growth in your life elegantly and gracefully? What if there was a simple process that allowed you to embrace growth in small manageable pieces, a process that let you accept or initiate change as a normal part of life, something to which you could look forward?

The GROW Principle™ is such a process.

"The GROW Principle is a deeply profound yet elegantly simple approach to living a powerful life. The GROW Principle helps you to quickly grow beyond your fear and limited ideas to the highest peak of your human potential."

Kelly Sullivan Walden, Author, Spiritual Practitioner, Hypnotherapist

A Process for Change

The GROW Principle is based on ancient and ageless wisdom plus essential present-day knowledge gleaned from respected leaders in the psychological, coaching, motivational, and self-development fields . . . and it works.

The GROW Principle is founded on two powerful fundamentals: the power of “words” and the power of the “present moment.”

“Words have magical power. They have the power to create the greatest delight or the deepest despair.”

Sigmund Freud

The words we use and the thoughts that inform our words contribute greatly to our future experiences. Just as a movie is projected onto a movie screen, so do our words cast images and ideas into our future. As we say it . . . so it is. It is said that “thoughts become things” and that “we create our reality.” These simple truths provide a fundamental basis for the work we are about to undergo in this book.

How we talk about growth—the language we use—is critical to how we manage change. When you can sit in the present, knowing there is only the “here and now,” only then can you truly focus on the work at hand. For example, you are reading this book right *now*. This simple act already indicates a willingness to make change, and as such, a change has already taken place. By the time you finish, you will have already changed *something* and it will have changed as a result of you being present and doing the work outlined in these pages.

“There exists only the present instant . . . a ‘now’ which always and without end is itself new. There is no yesterday nor any tomorrow, but only ‘now,’ as it was a thousand years ago and as it will be a thousand years hence.”

Meister Eckhart

Our ability to be present and to operate in the present is our access point to achieve the growth and change we desire. When we are present, we remain unattached to negative issues of the past or future and we are better able to focus our energies on what is, what we desire, and what we must do to achieve those desires.

G-R-O-W is an Acronym

- **G** is for “gratitude,” which includes appreciation, acknowledgment, acceptance, and seeing the good.
- **R** is for “release,” for the act of letting go or removing negatives that no longer serve who or where we are, or who or where we want to be.
- **O** is for “openness,” where we open up to the unlimited possibilities, opportunities, and infinite potential that are always available to us.
- **W** is for “willingness” to invoke the power of our will and to take actions to initiate change.

[the **grow** principle™]



A Catalyst for Change

The GROW Principle introduces powerful techniques designed to reduce, eliminate, or transform stress, anxiety, worry, fear, anger, disappointment, and many other negative emotions from your daily life, leaving you free to have the life you choose, to be prosperous, and to be who you really are.

Through activities and exercises that are easy-to-remember and easy-to-use, as well as daily practice, repetition, and persistence, The GROW Principle teaches intentional, present-moment living.

Practical Applications

The GROW Principle is applicable to almost any situation, large or small, personal or professional, including *your relationship with money*.

Money causes more fear, stress, anxiety, and worry in our lives than almost anything else. Either it takes us into the past, where there are regrets and

disappointments or perhaps anger; or it projects us into the future, where fear, anxiety, and expectations reside.

“He that is of the opinion, money will do everything, may well be suspected of doing everything for money.”

Benjamin Franklin

This book applies the fundamentals of The GROW Principle to help you grow a healthier relationship with money: how you treat it, your attitude towards it, your beliefs surrounding it, and ultimately your understanding of how it flows into and through your life.

This is not to suggest that money is something to be worshipped and placed on a pedestal, above all other values, but rather that by shifting into a more respectful and accepting attitude around money, we become more open about it, less constricted, and allow money to flow more freely *to us and through us*.

Why a 28-Day Program?

Studies show that it takes an average of about 28 days to break old habits and create new ones. In this 28-day program you are invited to immerse yourself in the process of changing habits, beliefs, and attitudes. By being fully engaged in such a process you are more likely to have the best experience and will be better equipped to develop the healthiest relationship with money that you’ve ever had.

Getting the Most from this Book

The GROW Principle is your “key” to unlocking intentional and sustainable growth and change in your life as you overcome long held limiting beliefs and habitual thoughts about your relationship with money and replace them with new attitudes and behaviors.

While The GROW Principle process is designed to be completed in 28 transformative days, it’s my hope that The GROW Principle becomes part of your everyday life from this point forward. To that end, here are a few tips on how to you can optimize your experience:

- Be sure to dedicate the time and effort necessary to complete each activity and exercise described in this book . . . and feel free to repeat some steps if needed. Some exercises may take a few minutes, others may take longer. In any event, do allow enough time for each exercise, rather than rushing.

- To make the experience even more meaningful and desired outcomes more achievable, consider completing the program with your spouse or significant other. After all, one's relationship with money often includes others such as spouses, partners, and even children—so why not include them in this process as well?
- Don't try to complete all the activities and exercises in "a day or two." Take the full 28 days and let The GROW Principle become a part of your daily routine as much as possible. And if you miss a day, for any reason, pick up where you left off, rather than skipping that day's exercise.
- If you can, start the program on a Monday. In this way, on the weekends, you can spend time reviewing the work you have done and prepare for the coming week by reading the start of the next chapter.
- As necessary, use additional blank pages for notes or journaling about your daily experiences and observations.
- Most importantly, if you ever sense that you are slipping back to your old habits and beliefs about money, revisit your notes to reinforce your learning.

Now I invite you to harness the power of The GROW Principle, to use this "key," and to master its guiding principles. I invite you to choose your future, rather than letting the future choose you.

Shall we begin?